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Your essential daily news | WEEKEND, JULY 15-17, 2016

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VALERY HACHE/AFP/GETTY IMAGES

CARNAGE IN FRANCE

Dozens killed, terror investigation launched after gunman drives truck into crowd in Nice **metroNEWS**

Manitobans unsure on electoral reform

FEDERAL POLITICS

Poll shows 44% think referendum is needed, most admit lack of knowledge



Braeden Jones
 Metro | Winnipeg

A new survey shows that although a majority of Manitobans don't know much about federal electoral reform, most think a referendum is needed on the matter.

A parliamentary committee is currently studying options for replacing Canada's first-past-the-post system and is due to report on those options by December.

Data released by Probe Research Inc. on Thursday reveals 62 per cent of Manitoba adults think they don't know enough about the alternatives, while fewer than one third have an "adequate understanding."

That doesn't bode well for the Conservative Party of Canada, which is pushing for a referendum on the issue.

University of Winnipeg politics professor Allen Mills — who is presently in the middle of post-Brexit London on vacation — said the trouble with an ad-

mittedly uninformed public weighing in on something as significant as electoral reform is obvious.

"You're kind of taking a very complex issue and reducing it to a sort of 'yes or no,' 'black or white' kind of thing," he said. "Electoral reform is microscopic compared to leaving the European Union but it is quite complex."

The other problem he sees is how options for replacing first-past-the-post aren't necessarily binary, making them "difficult to put to a referendum."

"What does it mean if you present three alternatives and you get a three-way division between them?" Mills posed. "In some sense it becomes a rather expensive way of undertaking a poll, which of course you can do using random sampling instead."

Probe Research's survey found 44 per cent of Manitobans believe a referendum is needed, but 28 per cent disagree and a further 28 per cent just aren't sure.

Since parliament is similarly divided — as the Liberal majority has opted for the committee and public consultation route over referendum for the time being — Mills suggests looking for lessons across the Atlantic, where Brexit quickly turned to regret.

"It is interesting ... all sorts of people have come around to a renewed recognition of the virtue of a parliamentary system," he said.



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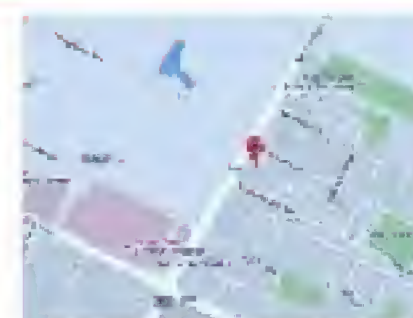
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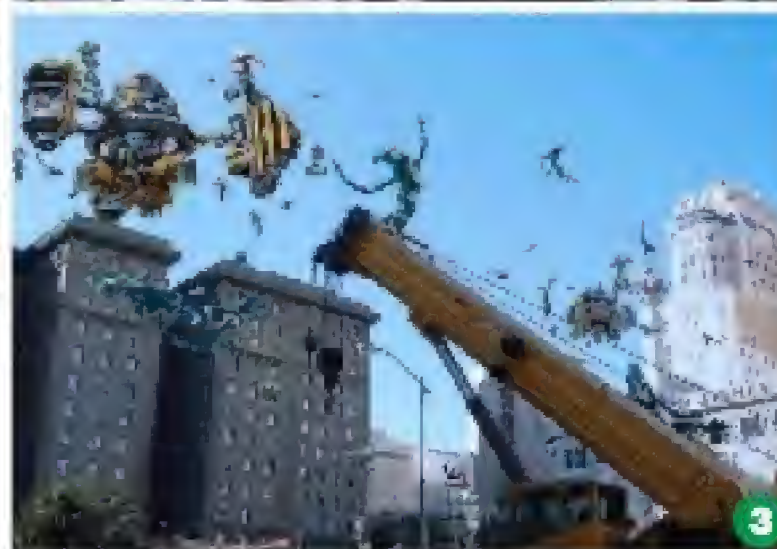
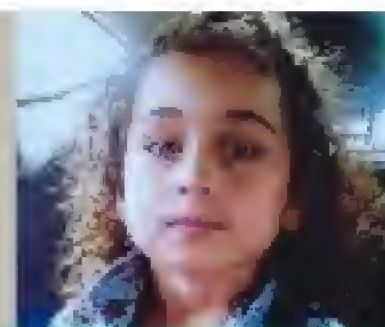
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1 Corey King of ZenFri said the popularity of Pokémon GO has shone a major spotlight onto other games like his, which was actually released one year ago as one of the first GPS-based AR games ever. **BRAEDEN JONES/METRO**

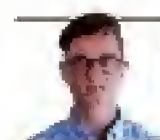
2 The Winnipeg-made game has had its fair share of international attention, but King is hoping for more now that Pokémon GO helped make augmented reality a main stream hit. **CONTRIBUTED**

3 ZenFri said when he started developing 'Clandestine' four years ago, he imagined even then that Pokémon hunting would be the "holy grail" for GPS-based AR gaming. **CONTRIBUTED**

Ahead of the Pokémon GO wave

AUGMENTED REALITY

Tower defence game made in Innovation Alley



Braeden Jones
Metro | Winnipeg

Heavily armed aliens are descending on your home from above, barely missing that tree in your yard as others approach on the ground.

You can see all of this happen in real time on your smartphone

screen, as the digital attackers are superimposed onto its camera's live view.

That's the basis of Clandestine: Anomaly, a location-based augmented reality (AR) game developed by ZenFri Inc. in Winnipeg. If how it works seems familiar, that's because it's "basically like Pokémon GO."

Corey King of ZenFri said the global sensation has shone a major spotlight onto other games like his, which was actually released one year ago as one of the first GPS-based AR games ever.

"Before Pokémon GO, when I said, 'our app is a location-

based augmented reality game,' (people) had no idea, because you're trying to present something they've never heard of," King said. "Now that Pokémon GO exists, you say, 'it's like Pokémon GO,' and it makes it so much easier to understand."

King admits he doesn't have the brand recognition or advertising budget to ever compete with the new AR game on the block — already the most downloaded app of all-time — but its very existence could help give his app "a second honeymoon."

"The game did get some international attention," King said,

noting he's done speaking engagements as an early AR app expert and won awards for his work, including a Future Leaders of Manitoba Award.

"(Clandestine) had a certain amount of acclaim and success in the industry... but it didn't break the mainstream ceiling," King said. "Now it's heating up."

While the similarities with the world's most popular app are helping the local developer, he notes there are also differences that set his game apart:

"It's a richer AR experience," he said. "It's way more graphically intense and immersive

— Pokémon GO shows one Pokémon (in AR), our game can show 50 aliens flying on screen."

It also has a complex storyline in its 8-hour campaign mode, with the story written in collaboration with Joshua Ortega, who helped write the mega-popular Gears of War 2 script.

Also, while Pokémon GO is about searching far-and-wide to collect and battle creatures, Clandestine — a tower defence game at its core — is about defending a two-kilometre radius around a predetermined location.

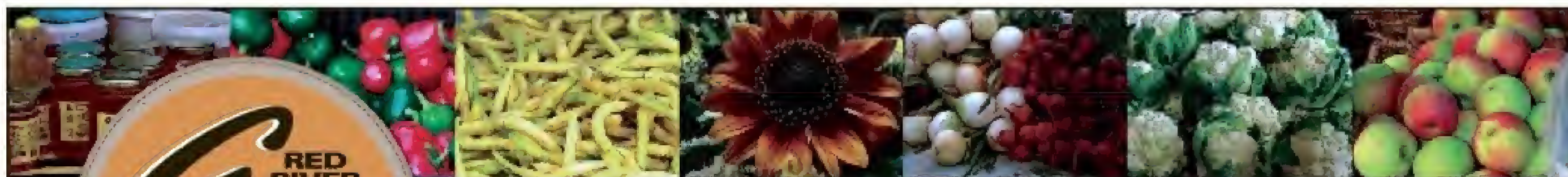
Pokémon GO also generates all of the augmented reality ele-

ments for gamers to engage with, and Clandestine allows gamers to place things like missile turrets in their backyard and then look at it through the AR feature.

"In our game you can control the environment, you add to the map," King said. "It's more accurate as well, scale-wise."

Clandestine also works offline, which means it doesn't require cellular data once downloaded.

But King said the best part, if anyone is on the fence about which AR game to download, is that Clandestine was "made by a team of artists and developers right here in Winnipeg."



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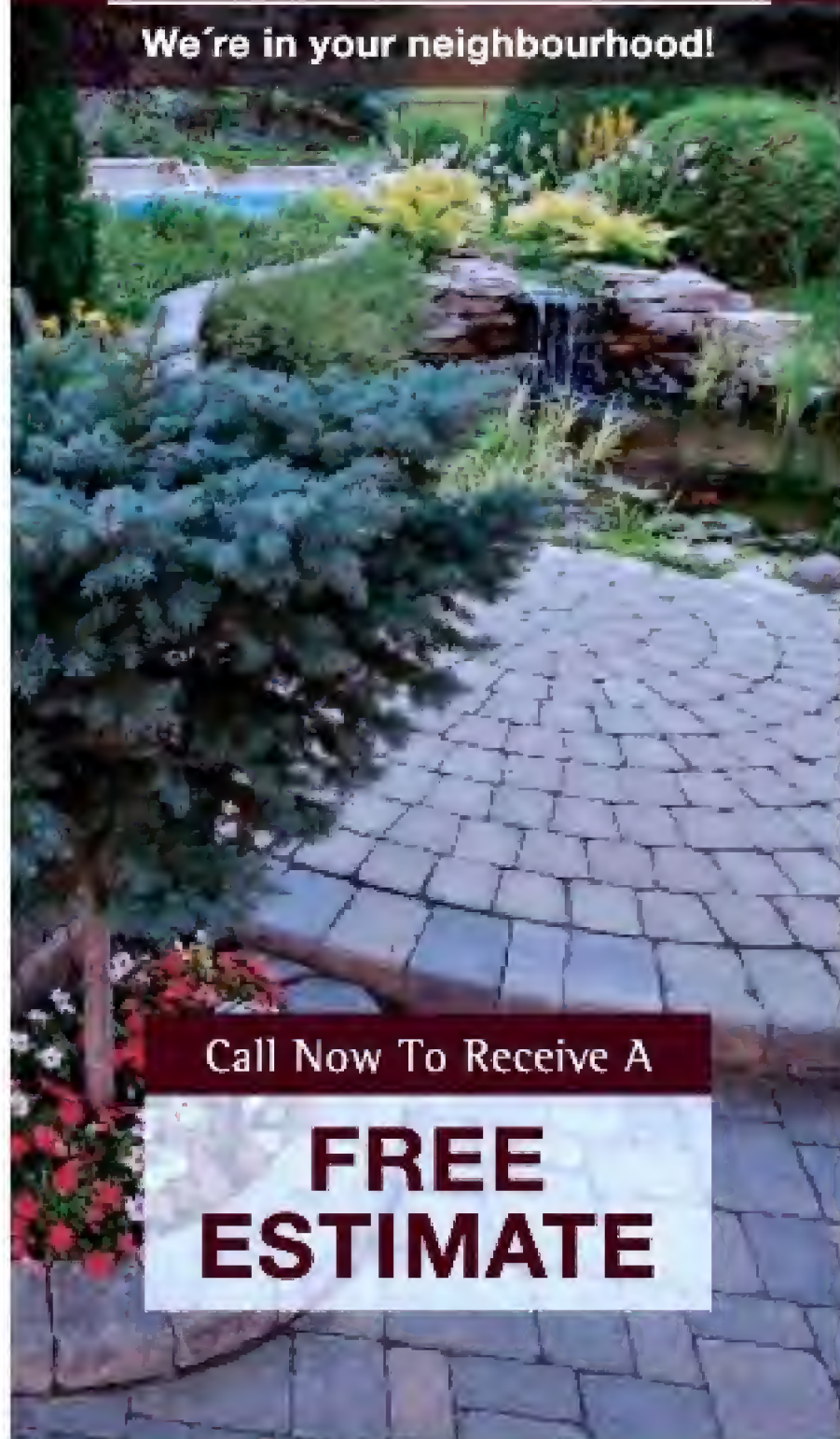
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CUISINE

Taste buds set to tingle as city gears up for Food-O-Rama



**Shane
Gibson**
Metro | Winnipeg

Winnipeg's growing and diverse foodie scene is finally getting a summer festival to call its own.

The Philippine Canadian Centre of Manitoba is holding its first ever food festival next month, and with a name like Food-O-Rama it's not too hard to figure out what festival goers can expect over the two-day celebration of all things delicious.

Yep there's going to be food — and lots of it — explains Food-O-Rama's project manager, Lourdes Federis.

"There's a lot of festivals where food is just a side note but there's no real festival that is focused on food," she said. "There really is a need for an event like this where food lovers and the people who make food can come together."



Food-O-Rama project manager Lourdes Federis and Rice Bowl Restaurant chef Harry Mogatas show off the sort of Filipino cuisine that will be at the festival. SHANE GIBSON/METRO

While the festival will include a diverse mix of different foods from around the world, the focus, says Federis, will be on Filipino cuisine and the unique culture that surrounds it.

The festival runs August 6 and 7 with an outdoor contingent that will include food trucks and stalls offering their culinary creations, eating competitions, live entertainment, and traditional

Filipino games from noon to 9 p.m. on both days at the Philippine Canadian Centre of Manitoba at 737 Keewatin Ave.

On the Sunday there will also be an indoor event held at the NorWest Co-op Community Health Centre at 103-67 Tyndall Avenue where cooking demos, cooking battles, and educational sessions on food matters will be held from noon to 9 p.m.

+ FEAR FACTOR

A belly full of Balut?

Food-O-Rama's eating competition includes a challenge especially for non-Filipinos to try the traditional delicacy Balut, which is a not-quite fully developed bird embryo that's been boiled before being eaten right out of the shell. Harry Mogatas, the chef at Rice Bowl Restaurant assures readers it's delicious and the best part is the "crunch".

"The info sessions will include things like how to compost and how to get into the food business," explains Federis. "It's all about everything to do with food — not just about tasting and buying food — but also about learning how to raise your own food and fruits and vegetables in your own backyard."

Food-O-Rama's outdoor events are completely free and there's a \$5 entrance fee for the indoor events, with half the money going back to the NorWest Co-op Community Health Centre.

CHURCHILL

Girl dies after canoe capsizes

A five-year-old Manitoba girl has died after a canoe she was in with her family capsized in Churchill. RCMP say they got a call late Wednesday afternoon near the town on the shores of Hudson Bay.

A canoe carrying a Winnipeg father and his two children — the girl and four-year-old boy — had tipped over on the

Churchill River. Mounties say a bystander called local tour operators, who helped pull the trio from the river.

The family was taken to hospital, where the girl succumbed to her injuries. Police say the incident does not appear suspicious and all three were wearing life jackets.

"Our investigators are still

looking into everything that took place," RCMP spokeswoman Holly Plato said.

"We don't have a cause of death yet for this little girl. It's still being investigated."

She said she's not sure what the river conditions were like at the time, or how long the family had been in the water.

THE CANADIAN PRESS

BRIDGE CLOSED

Starting this Saturday, the Louise Bridge will be closed until the following week in order for the city to perform maintenance and deck repairs. The bridge will be closed to traffic from Narin Ave. to Sutherland Ave. beginning Saturday at 6 a.m. It will reopen Sunday, July 24 at 6 p.m. METRO

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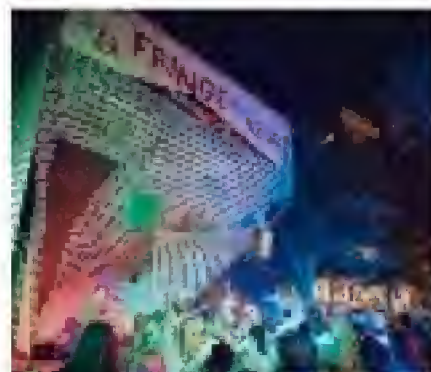
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5 THINGS TO DO THIS WEEKEND

After a week of rain and grey skies, Winnipeggers should take advantage of the warm weather this weekend to soak up some of that much-needed sunshine. **STEPHANIE TAYLOR** METRO

1 Winnipeg Fringe Festival



CONTRIBUTED/WINNIPEG FRINGE FESTIVAL

Get your fringe on with the return of the city's annual independent theatre festival. From one-man shows and comedies, to dance performances and nightly acts in Old Market Square, it won't be hard to find something to enjoy over the next two weeks. **Tickets are roughly \$10 per performance. A full festival schedule can be found at: www.winnipegfringe.com**



METRO FILE

3 Winnipeg Fish Festival

If you want to fall hook, line and sinker for everything to do with fishing this weekend, you should head down to The Forks on Saturday for the Winnipeg Fish Festival. Organizers say the event offers participants different seminars on the how-tos of fishing, from where the best spots are to wrangle a catch, to tips on preparing your fish to eat. Minnow races, arts and crafts and other games will be offered for the kiddies. **The event is free and is happening Saturday under the canopy and busker's lookout at The Forks from 11 a.m. to 4 p.m.**

4 The Sheepdogs at Super Spike

Beach volleyball might not be your thing, but The Sheepdogs are headlining this weekend's Super Spike tournament and performing at Maple Grove Rugby Park Saturday night.



THE SHEEPDOGS/FACEBOOK

Joining them over the weekend will be the Poor Young Things, The JD Edwards Band, The Proud Sons and Léanne Pearson. There will also be a free shuttle service available from the U of M to the park, located in St. Vital.

Passes to check out these shows are included as part of a \$35 weekend pass for the event, and can be purchased online.



LIVING PRAIRIE MUSEUM/FACEBOOK

5 Monarch Butterfly Festival

Who doesn't like butterflies? This Sunday, the Living Prairie Museum is hosting the 10th annual monarch butterfly festival. Besides getting to take home one free milkweed (while quantities last, at least) visitors are invited to take in presentations by local scientists, go on guided tours and of course, see live displays of the butterflies the festival is named after. **The event is free and happening on Sunday from 12-4 p.m.**



CONTRIBUTED/SLIDE THE CITY

2 Slide the City

It's likely that many will be hopping in their cars, and taking a trip down to Headingley on Saturday to slide down a giant water slide at Adrenaline Adventures.

The one-day event is set up by organizers of Slide the City, and is touted as a family-friendly slip and slide water party. Environment Canada is predicting sunny skies and a high of 25 C degrees on those dates, so sliders are in luck.

Tickets are mostly sold out, but organizers say there are some last-minute ones available at www.slidethecity.com.

FOR YOUR HEALTH

ASK THE Denturist

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Dentures should be replaced approximately every 5 years, says Hartley Zelcer of Zelcer Denture Clinics. Natural teeth can wear down and stain through time and so do your dentures. Tissue in your mouth goes through constant changes attributed to aging, weight loss, medications, stress and various other factors. Symptoms such as ringing in the ears, ear aches, headaches, jaw pain and dizzy spells may all be denture related. Dentures should enhance ones face by reducing and softening lines and in many cases can make one look years younger.

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Ten to watch at Fringe Festival

SHOWS

Keep an eye out for these promising productions

With nearly 170 shows opening this week at the Winnipeg Fringe Festival, which should you have on your list?

The reviews are still to come, but here are 10 I'm looking forward to seeing at this year's festival.

1 The Drowning Girls (Venue 1): This three-woman show ran at the Royal MTC Warehouse back in 2011, but it originated as a Fringe hit in Edmonton. This stylish, creepy show about marriage and murder gets its return with a local company boasting a good Fringe track record.

2 The Elephant Girls (Venue 2): Not to be confused with The Drowning Girls —



A woman is visited in her dreams by a dead lover in 'Falling Awake'.

KAI HOU/CONTRIBUTED

though this one gets a little dark too.

Margo MacDonald's solo show about a notorious British girl gang is based on a true story, and comes to town with much acclaim from other festivals.

3 Everybody Dies in December (Venue 11): Nancy Kenny had a big hit here a couple of years ago with Roller Derby Saved My Soul. This year, she's back with a dark comedy about a third-generation funeral director. It's inspired in part by stories from her mom, who works as a real-life funeral director.

4 Falling Awake (Venue 2): A promising entry for those who like physical comedy, this surreal show about a woman who encounters her dead lover in dreams is another show with much acclaim from other festivals.

5 Jazz Cat (Kids Venue): As anyone who saw Opera Mouse knows, Melanie Gall has an incredible voice — and a gift for sharing music with kids. A great bet for your young Fringers.

6 Jonno (Venue 6): Sure to be one of the most

talked-about shows at the festival, this play from former Winnipegger Alix Sobler deals with a famous radio personality and the women he's assaulted — and his confidant, a stuffed toy named Mr. Donkey Long-Ears. Sound familiar? A talented local cast takes on this provocative new play.

7 A Little Business at the Big Top (Venue 6): David Gaines brought the spectacular 7(x1) Samurai to the Winnipeg Fringe a few years back.

He returns with a circus-themed show that should let him show off his remarkable talents as a physical performer.

8 My Dreams Are Stupid (Venue 3): Local comedian and storyteller J.D. Renaud made a splash with his 2014 Fringe hit, *Damn Your Eyes*.

For good reason — he's sharp, funny and one heck of a storyteller.

9 A Tension to Detail (Venue 5): There are plenty of one-person storytelling shows at this year's Fringe.

But this one, from Brit Gerard Harris, arrives here as a hit from other fests.

10 zahgidiwin/love (Venue 4): Frances Koncan is one of Winnipeg's most promising up-and-coming playwrights.

This is one of two new works from her at this year's festival (the other is *Flesh-Coloured Crayons*). It's billed as a "decolonial comedy" that looks at how trauma reverberates across generations.

JOFF SCHMIDT/CBC MANITOBA



David Gaines shows off his physical performance talent in 'A Little Business at the Big Top'. DAVID GAINES/CONTRIBUTED

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Shoal Lake water as art

HUMAN RIGHTS

Creators of installation hope message sinks in



Shane Gibson
Metro | Winnipeg

Undrinkable water from Shoal Lake 40 will be used in a live art installation in Winnipeg this weekend to bring attention to the water issues facing

the First Nation that supplies the city with its drinking water.

Despite providing Winnipeg with fresh water Shoal Lake 40 itself has been under a boil-water advisory for nearly two decades, and the aqueduct that brings that water to Winnipeg has left the community located near the Manitoba-Ontario border severed from the mainland since it was built a century ago.

Winnipeg-based artist Leah Decker is collaborating with a number of community organizations for an art-action called Reflects in Water which

will see her and others from the project spray unpotable water through stencils on to the cement trail in Stephen Juba Park near James Avenue Saturday. On each stencil is a quote from a community member from Shoal Lake 40.

"They're statements that highlight critical concerns about their access to clean water," explains Tamara Rae Biebrich, artist project manager at the Winnipeg Arts Council, who is helping to organize the installation.

"The thinking is that using artwork will bring the state-

ments to life but they'll still be ephemeral, lasting only until the water dries."

The art-action will take place between 2 and 5 p.m. and Winnipeggers are invited to come out to both help spray the stencils and also take part in discussions and programs about the issue with community groups and a variety of speakers who are also taking part.

"Because it's such a complex issue, I think art just really helps to bring it to life," said Biebrich.

"It enables people to engage with it in different ways."

Unpotable water from Shoal Lake 40 will be sprayed through stencils to leave quotes from those living on the First Nation as part of a live art installation in the Exchange District Saturday.

CONTRIBUTED

Shoal Lake 40 is without a water and sewage treatment plant. If we want change and reconciliation, we must work together at both ends of the pipe.

Angelina McLeod



Mayor Brian Bowman with (from his right) Coun. Matt Allard, Coun. Brian Mayes, and manager of library services Rick Walker break ground for Windsor Park Library SHANE GIBSON/FOR METRO

COMMUNITY

Construction starts on brand new library

Construction is underway on the first new library in Winnipeg in a decade.

Mayor Brian Bowman and area councillors Matt Allard and Brian Mayes were on hand Thursday to dip shovels in the dirt at what is now a swampy parking lot at 1215 Archibald St., but will be home to the new \$4.7-million Windsor Park Library next year.

"Libraries represent a key part of building complete communities," said Bowman.

A release from the city says the new and novel (sorry, had to do it) 8,000-square-ft. library will include an enlarged multi-use program room that can be booked by users, multiple computer stations, ample reading space, a universally accessible design, and a whole new chapter

in energy efficiency in libraries with a LEED Silver designation.

"This is one of the first standalone libraries that we've built since the Sir William Stephenson Library back in 1997, so it's a very exciting day for us," said the city's manager of library services, Rick Walker.

It's part of the city's Library Redevelopment Strategy, passed by council in 2012. The plan

recommended that eight city libraries be replaced with seven new facilities at a total estimated cost of \$21 million.

The strategy has already seen the Charleswood Library moved into new digs, and will see changes at branches in Transcona, River Heights, Westwood, St. James, and West Kildonan in the coming years.

SHANE GIBSON/FOR METRO

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Catch 'em all, but do so safely: Police

AUGMENTED REALITY

Police warn against playing Pokémon Go while on move

Police forces across Canada are warning of the risks involved in playing augmented reality games such as Pokémon Go as reports mount of people getting injured or landing in trouble as they play the wildly popular game.

The cellphone-based game sends players into the real world to search for digital monsters known as Pokémon, who appear on screen when users hold up their iPhones or Android devices in various locations at various times.

While not officially released in Canada yet, many residents have found workarounds to access the game that's become a blockbuster hit since launching in the United States, Australia and New Zealand last week.

Police forces, however, are worried about the game luring people into potentially dangerous situations and are cau-

tioning players to use their common sense.

In Quebec City, police said two officers suffered minor injuries when a car they observed driving strangely reversed into their cruiser in a parking lot.

"The driver said 'I'm sorry, I was playing Pokémon Go,'" said Const. Nancy Roussel, who said police are calling on players to be aware of their surroundings.

"Be careful, watch out, even if you are in a car, on your feet or on a bicycle, be careful and watch where you're going, please."

Every time the Pokémon Go app is opened, a warning from game maker Niantic pops up, telling players to be aware of their surroundings. Players must also agree to fine print saying they cannot enter private property without permission.

There's also a disclaimer that says Niantic is not liable for any property damage, in-

juries or deaths that result while playing.

But despite the warnings, some people playing the game have wandered into private yards, driveways, cemeteries and, in one U.S. case, even an off-limits police parking lot in search of the app's cartoon monsters.

Some police forces have also been employing the hashtag #DontCatchAndDrive as players roam community streets.

"Please do not look for #Pokémon while driving. If you've gotta catch 'em all, do so safely. #DontCatchAndDrive," tweeted Edmonton police.

Winnipeg police and Manitoba RCMP sent out similar missives, urging players to be responsible.

South of the border, police in the U.S. have cautioned players that trespassers could get arrested or worse, especially if they cross paths with an armed property owner.

THE CANADIAN PRESS

“Be careful, watch out, even if you are in a car, on your feet or on a bicycle, be careful and watch where you're going.” Const. Nancy Roussel



April O'Neil, Ariana Nussdorf, and Julia Voth play Pokémon Go at Pershing Square in Los Angeles, Calif. Police in Canada and the United States are urging players to be safe while immersed in the game. AP/GETTY IMAGES

RESEARCH

Study finds young, religious people less likely to view porn



Jeremy Simes
For Metro | Calgary

As a religious man who has occasionally watched porn, Tyler Rasmussen wanted to learn more about how going to church may have affected his upbringing.

On Wednesday, University of Calgary researchers outlined a study that suggests young people who attend religious services are less likely to view porn.

Rasmussen, the lead author of the study, said the increase in porn consumption as adolescents age isn't as drastic among young people who attend religious services.

He said the reason behind that is largely due to morals that can be developed by community members who go to church.

"Just sitting in a pew and listening to a pastor speak is probably not the most important aspect of it," he said. "What's

probably more important is that you're internalizing what you're hearing."

The study, conducted with data collected between 2003 and 2008 that surveyed young people ages 13 to 24, found that porn consumption spikes with age, especially among men.

The data obtained for the study was obtained from the National Study of Youth and Religion, which was spearheaded by researchers in the United States.

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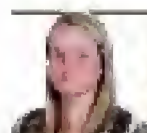


Police search for missing five-year-old Calgary girl, Taliyah. THE CANADIAN PRESS

Missing girl search moves to tiny town

CALGARY

Police sweep fields for five-year-old in Amber Alert



Lucie Edwardson
Metro | Calgary

In rows of four, police officers in fluorescent vests combed through ankle high grass and chest high fields of Canola in a small town northeast of Calgary in a search for evidence in the disappearance of Taliyah Marsman.

Insp. Don Coleman said police expanded their search to the rural area after receiving information indicating a man they took into custody in the case late Wednesday night, had

been spotted there briefly in the preceding days.

"We have information the individual we have in custody was in that area for a brief period of time so we're looking for anything that might be related," he said.

Coleman said police had only found one item of inter-

The people of the town of Delacour said they were hopeful five-year-old Taliyah, who has been the subject of an Amber Alert for 48 hours, would be found.

Margaret Orr took a search of her own property, underneath trees and in the tall grass after seeing HAWCS overhead.



The only thing I know that was found was a stuffed animal of sorts. Insp. Don Coleman

est, but aren't sure if it is related yet.

"The only thing I know that was found was a stuffed animal of sorts, but we have no idea if that related to this or not," he said. "It's a large area and there are probably several things out there that we may or may not know where they've come from."

"I have to admit I keep calling her name hoping that I will hear something or see something, but nothing so far," Orr said. "I've got little grandchildren — five, eight and 10 — so my heart just goes out to that little girl feeling all alone, or probably cold. I don't know ... I just wish we could find her safe."

HEALTH

Half of people with depression not getting care, research finds



David P. Ball
Metro | Vancouver

Here's a depressing statistic: one in every 20 Canadians have the symptoms of major depression.

But even worse, fewer than half of them actually get even the most minimal treatment for the condition, according to a new study in the Canadian Journal of Psychiatry.

Its author Joseph Puyat, a researcher at the Centre for Health Evaluation and Outcome Sciences, examined data from Statistics Canada as well as B.C.'s medical billing records and found a huge gap between people's mental health and getting the help they need.

"I didn't realize the magnitude or extent of the gap," said the doctoral candidate at the University of British Columbia's school of population and public health.

"We found that about 47 per cent of people diagnosable with depression are not getting adequate treatment."

When it comes to mental health, Canada's public system Medicare only covers psychiatrists and physicians — not psychologists, psychotherapists or counsellors.

Puyat said many front-line doctors either lack the time or aren't trained to offer therapy.

Psychiatrists, meanwhile, often have long wait lists.

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British Prime Minister
Theresa May. AFP/GETTY IMAGES

May gets down to Brexit business

Theresa May wanted Britain to stay in the European Union, but the government she unveiled Thursday leaves little doubt that Britain's new prime minister intends to fulfil voters' instructions and take it out of the 28-nation bloc.

May has appointed leading euroskeptics — including the unpredictable Boris Johnson and the formidable David Davis — to top international jobs in a cabinet that sweeps away many members of predecessor David Cameron's administration. THE ASSOCIATED PRESS

Americans fear their presidential options

The vast majority of Americans say they are afraid of at least one of the two major candidates — Hillary Clinton or Donald Trump — winning the White House, a remarkable finding that reflects an unsettled nation unhappy with its choice.

Eighty-one per cent of Americans say they would feel afraid following the election of one of the two polarizing politicians, according to a new Associated Press-GfK poll. That includes a quarter who say it doesn't matter who wins: they're scared of both.

Three-quarters of voters say their pick for president is motivated by a desire to cast their Election Day ballot against Clinton or Trump, more than those who say they're voting for the candidate who shares their positions on the issues or is the most qualified to hold the office.

Said Dennis Fernandez, 67, of Florence, Ariz.: "If Hillary Clinton won, I'd probably consider suicide. I'm definitely not a fan."

And Lawrence James, 55, of Durham, N.C., said: "If Trump wins, well, we've already checked out Malta and

+ IN NUMBERS

■ **Fifty-seven per cent** have an unfavourable view of Clinton. Sixty-three per cent have a negative view of Trump.

■ **Fifty-six per cent** of Americans said they would feel afraid and 48 per cent say they'd feel regret if Trump wins the White House.

■ **Clinton doesn't fare better:** If elected president, 48 per cent say they would be afraid of her and 46 per cent say they would feel regretful.

New Zealand. I'm just not comfortable that he's not going to make rushed, uninformed decisions."

On the eve of the summer's political conventions, at which the general election campaign officially begins, the latest AP-GfK findings underscore the deep sense of unease that is sharpening the political divide in America and shaping an already nasty race for president.

THE ASSOCIATED PRESS



A soldier stands next to a dead body covered with a blue sheet on the Promenade des Anglais seafront in the French Riviera town of Nice early Friday. AFP/GETTY IMAGES

Police officers and army soldiers stand guard near the scene of an attack in Nice.

AFP/GETTY IMAGES & THE ASSOCIATED PRESS



'A scene of horror'

NICE, FRANCE

Truck ploughs through Bastille Day revellers, killing dozens

A truck loaded with weapons and hand grenades drove onto a sidewalk for more than a mile, plowing through Bastille Day revellers who'd gathered to watch fireworks in the French resort city of Nice late Thursday. At least 77 people were killed and 50 wounded before police killed the driver, authorities said.

Nice prosecutor Jean-Michel Pretre described a horrific scene, with bodies strewn about along the roadway and Sylvie Toffin, a press officer with the local prefecture, said the truck ran over people on a "long trip" down the sidewalk near Nice's Palais de la Mediterranee, a building that fronts the beach.

Wassim Bouhlel, a Nice native who spoke to the AP nearby, said that he saw a truck drive into the crowd. "There was carnage

on the road," he said. "Bodies everywhere."

Nice regional president Eric Ciotti said on France Info radio that "it's a scene of horror" and gave a figure of 60 dead. The reported figure later rose to 75.

The Paris prosecutor's office opened an investigation for "murder, attempted murder in an organized group linked to a terrorist enterprise."

The president of the Provence Alpes Cote d'Azur regional council, which includes Nice, said the truck was loaded with arms and grenades. Christian Estrosi told BFM TV that "the driver fired on the crowd, according to the police who killed him."

Bouhlel said he witnessed the man emerge with a gun and start shooting.

Images being broadcast across French media showed revellers running for their lives down Nice's palm tree-lined Promenade des Anglais. In what appeared to be evidence of a gun battle, photos showed a truck with at least half a dozen bullet holes punched through its windshield.



I saw bodies flying like bowling pins.... Heard noises, cries that I will never forget.

Damien Allemand

It was not immediately clear who would have been behind an attack, but France has recently seen a spate of dramatic assaults from by jihadist groups, including the Daesh group that straddles Iraq and Syria.

Writing online, Nice Matin journalist Damien Allemand, who was at the waterside, said the fireworks display had finished and the crowd had got up to leave when they heard a noise and cries.

"A fraction of a second later, an enormous white truck came along at a crazy speed, turning the wheel to mow down the maximum number of people," he said. THE ASSOCIATED PRESS

Outrage, sympathy pours in

Canadian politicians are joining the outpouring of outrage and sympathy after a truck plowed into a crowd of people in Nice, France.

Prime Minister Justin Tru-

deau has tweeted that Canadians are shocked by the attack. "Our sympathy is with the victims, and our solidarity with the French people," Trudeau said.

B.C. Premier Christy Clark tweeted that the incident is just horrible. "Thinking of all those involved and their families," she tweeted.

THE CANADIAN PRESS

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metro NEWS Business

Weekend, July 15-17, 2016 13

Fintechs woo millennials

INVESTING

Firms trying to appeal to sense of social responsibility

Several start-ups in the financial technology sector have unveiled products or services in recent months that attempt to court millennials by appealing to their sense of social responsibility.

Online investment adviser WealthSimple launched a socially responsible portfolio about three months ago, and since then roughly 10 per cent of the robo-adviser's clients have signed up for that option, says founder and CEO Michael Katchen.

Socially responsible investing, or ethical investing, is the marriage of personal ethics with finance, and it's been growing in popularity in recent years, a trend believed to be fuelled partly by the values of millennial investors.

According to a report released last year by the Responsible Investment Association,



Several start-ups in the financial technology sector, such as this wind farm in Alberta, unveiled products to court millennials by appealing to their sense of social responsibility. THE CANADIAN PRESS

more than \$1 trillion of assets in Canada were being managed using at least one responsible investing strategy as of Dec. 31, 2013. That's up from \$600 billion two years earlier.

A global study released by research firm Nielsen last year found that 73 per cent of the millennials it surveyed are willing to pay more for brands that

are sustainable.

"Socially responsible portfolios really try and avoid investing in companies that don't have a good environmental, social or corporate governance record," says Isaac Schweigert, a portfolio manager and chief compliance officer at ModernaAdvisor.

The online investment man-

ager, or robo-adviser, launched early this year and offers socially responsible portfolios.

"We are based in Vancouver, which tends to be ahead of the curve on a lot of the socially responsible and ethical investing, and just social causes in general, so we wanted to be at the forefront of that on the investing side," Schweigert says.

One of the challenges with offering ethical investing options is that everyone's definition of an ethical investment is different, says Katchen.

"It's a massively subjective term," he says.

"Some people don't want to invest in tobacco or alcohol companies or gaming companies. Some people don't care about that but they just want to make sure that there's a board that represents diversity, or invest in the environment. So, first of all you have to come up with some definition of what this means, and also understand that it's not going to satisfy everyone out there, because it's impossible."

It isn't just investment managers that are trying to woo millennial customers with products focused on social responsibility.

Merchant Advance Capital, a technology-based online small business lender, launched a so-called impact loan earlier this month, offering lower borrowing rates to entrepreneurs who are looking to make a positive impact on their community or the environment.

THE CANADIAN PRESS

VIDEO GAMES

Nintendo unveiling a Classic



Andrew Fifield
Metro | Toronto

Nintendo has announced a release date for their next console, but it's not the enigmatic NX.

Instead, old school gamers can rejoice with the news that a mini version of the classic Nintendo Entertainment System is hitting shelves this fall, with a 30-game package that includes gems like Castlevania, Final Fantasy, Metroid and the first entries from the Mario Bros. and Zelda franchises.

The new hot NES will come equipped a replica of the original controller and an HDMI cable to plug the console directly into your TV.

The console is geared exclusively to classic gaming, so players shouldn't expect any online connectivity. The NES Classic hits stores on Nov. 11 for \$79.99.

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GOOGLE

Emojis of women at work is approved

Women professionals will soon be better represented in emoji form. Google said Thursday that the Unicode Consortium, which controls emoji standards, has agreed to add 11 new emojis in response to Google's proposal

in May to create a set of emojis "with a goal of highlighting the diversity of women's careers and empowering girls everywhere."

Among the new emoji characters is a doctor, a scientist, a farmer and a welder. The charac-

ters are available in male forms as well and can be customized for skin tone.

Google's original proposal said women — and those under 30 in particular — are the most frequent users of emojis.

The new emojis could be available on smartphones before the end of the year.

"We hope these updates help make emoji just a little more representative," Google said.

THE ASSOCIATED PRESS



Women professionals will soon be better represented in emoji form. CONTRIBUTED

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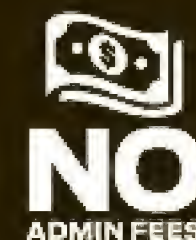
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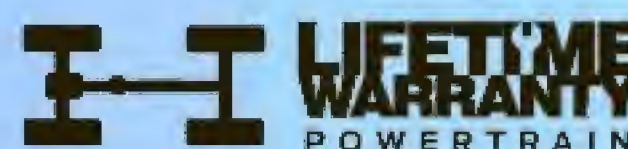
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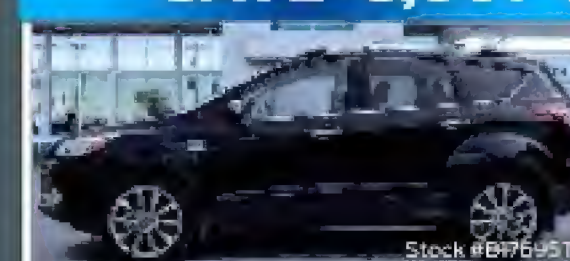
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metro VIEWS

Your essential daily news

SCIENCE SAYS Weekend, July 15-17, 2016



MELTS IN YOUR MOUTH In a bid to save endangered Montana ferrets, U.S. drones may drop peanut butter M&Ms laced with a vaccine against ferret plague.

THE POWER PLANT OF THE FUTURE

Swiss scientists at the Laboratory of Nanoscale Biology have designed the teeny-tiniest power plant ever. They published their experiment this week in the journal *Nature*. They harnessed **osmosis** — the natural movement of molecules from high concentration to low concentration across a membrane — to generate electricity.

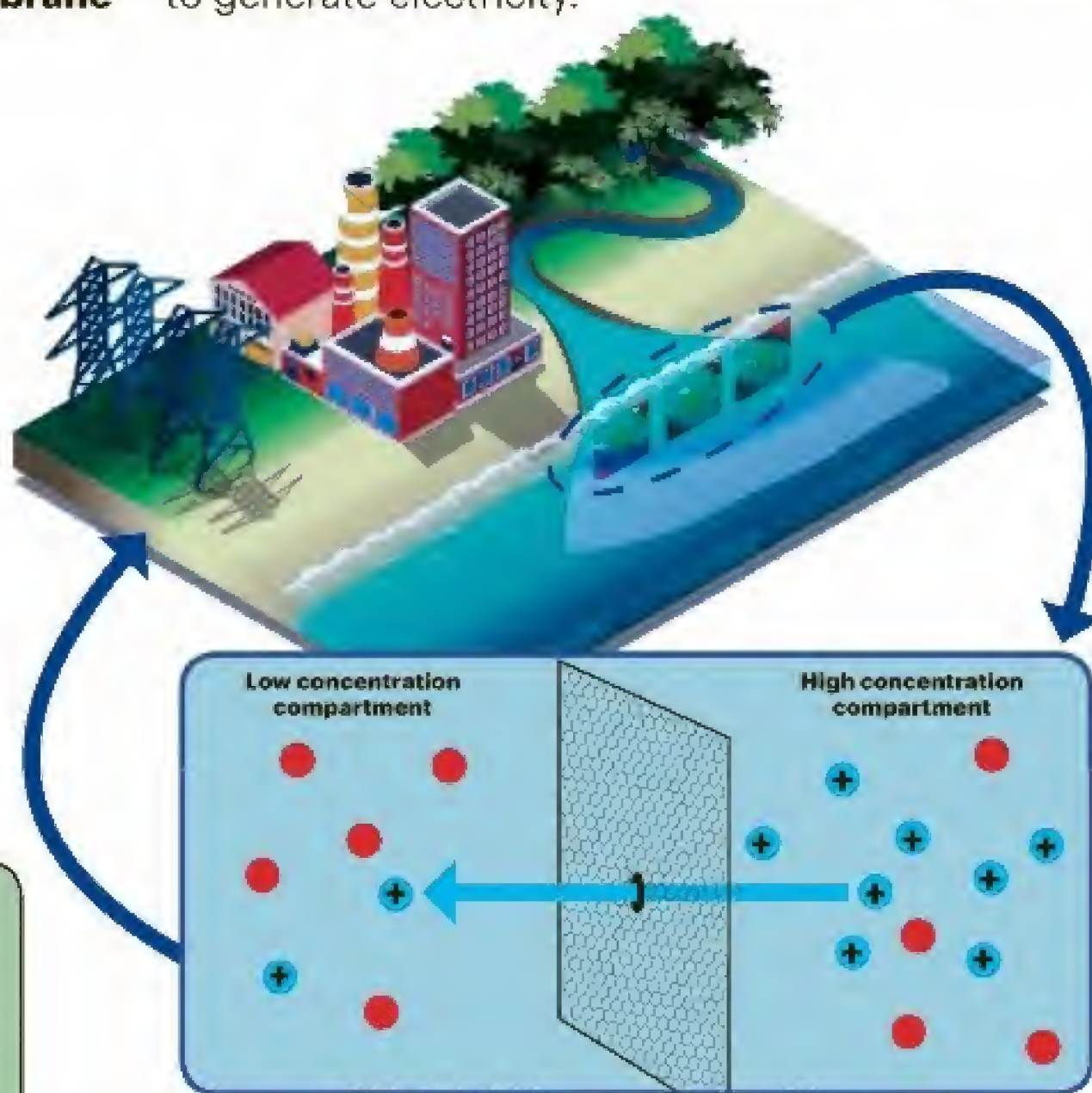
HOW IT WORKS

The scientists built a tiny device with two fluid-filled compartments, one with a high concentration of a dissolved salt and the other with a low concentration. The fluids are separated by a membrane just three atoms thick made of a compound called molybdenum disulfide.

1. The membrane has a tiny hole called a **nanopore**, just big enough for the salt ions to pass through. The pore is negatively charged.

2. The positive salt ions pass through the pore, moving from the high-concentration compartment to the low one. The pore repels negative ions.

3. So, negative charges build up on one side of the device and positive charges on the other. That movement of charges is **electricity**! Researchers said the resulting electric power was enough to run a tiny transistor.



GRAPHICS: ANDRÉS PLANA/MÉTRO

THE POTENTIAL

In real life, fresh water comes in contact with salt water every day in **estuaries**, where rivers meet oceans. If giant membranes could be installed at the juncture, capturing the osmotic power of salt moving from high concentration to low concentration, the result could be a reliable source of renewable energy. Unlike the wind (doesn't always blow) or the sun (doesn't always shine) the ocean is always there.

FINDINGS

Your week in science

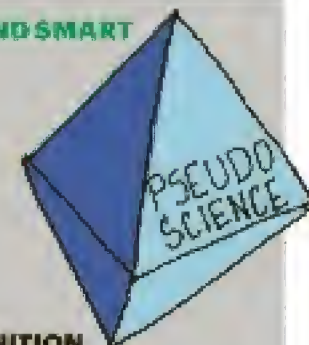


ISTOCK

POSITIVE NEWS

Good news for loved ones of people infected with HIV: As long as your partner is taking their meds as directed, you're going to be OK. That's according to a large study of 888 couples with one HIV+ partner and one who is not infected. The study found not one new case of HIV among the negative partners, though they were regularly having sex without condoms. All the HIV patients were taking anti-retroviral therapy, and the levels of virus in their blood were at or near undetectable levels. Though 11 of the negative people caught HIV, none of them got it from their partner.

SOUND SMART



DEFINITION

Pseudoscience is information or research that doesn't use the scientific method, but is dressed up to seem like real science. **Pseudoscience** often uses scientific words, fake "experts" and misleading statistics, charts or graphs.

USE IT IN A SENTENCE

Cheryl's house is full of healing crystals and homeopathic remedies. And she's inhaling ions from her salt lamp again. I don't have the heart to tell her it's all **pseudoscience**.

PHILOSOPHER CAT by Jason Logan

IT IS HUMAN NATURE TO THINK WISELY AND TO ACT IN AN ABSURD FASHION.



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CITIZEN SCIENTIST by Genna Buck

Is hate part of human nature?

Everyone is a little bit racist. It's scientifically proven, right? — D.B., Winnipeg

Yes, the evidence suggests most people, at least unconsciously, have a not-so-nice view of marginalized groups like African-Americans and gay people. Social scientists call this **implicit bias**, and there's significant controversy over how it's measured.

A popular way to measure bias, including racism, is an implicit association test (IAT). It's a computer game that works something

like this: You sort images (of black or white people) and words (like "great" or "horrible") into two categories, "Black/Unpleasant" and "White/Pleasant." Then the categories switch to "Black/Pleasant" and "White/Unpleasant."

If you're faster at sorting when black is paired with unpleasant, the program gauges it's more automatic for you to think that way. Therefore, you have a higher degree of implicit bias against black people. In a popular IAT available online from Harvard, 70 per cent of participants are

biased against black people.

Though it's been used for decades, many experts question if the IAT is valid (if it really measures what it's supposed to) and reliable (if its results are consistent). I tried a little reliability test of my own. I did the Harvard IAT online. It found I have "moderate" preference for white people over black. Two hours later, I tried again, throwing in a confounding factor: blasting an upbeat song. Only "slightly" racist this time.

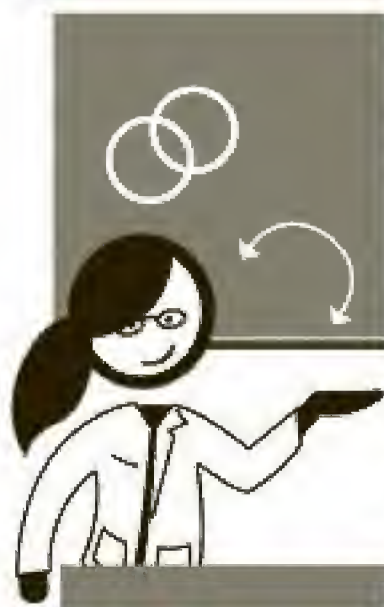
I'm skeptical of IAT, and not because it called me racist (I live in

this racist culture of ours after all). I have a hunch that it's used not because it's the best metric, but because it's straightforward and cheap. Naturally, it's a gross oversimplification of racism: a messy, centuries-old phenomenon.

For studying complicated stuff, nothing beats long-term qualitative research like in-depth interviews and anthropological studies. It's expensive, but it's irreplaceable.

Science Question?
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The mystery of a great muse

IN FOCUS

Paul Feig, Melissa McCarthy make magic in movies

Richard Crouse

For Metro Canada



Consider the muse.

Alfred Hitchcock made three of his greatest films with Grace Kelly and tried to lure her back to the big screen long after she retired. Martin Scorsese and Leonardo DiCaprio have a seemingly unbreakable cinematic bond and the world of movies would be far less interesting if Werner Herzog and Klaus Kinski had never met. John Ford and John Wayne inspired one another to do their best work and Tim Burton and Johnny Depp's shared eccentricities gave us unforgettable nights at the multiplex.

Muses inspire their directors to aspire to new heights, to push the limits of their creativity.

Add another to the list: Melissa McCarthy.

Over the course of four films — including this weekend's *Ghostbusters* — she has upped director Paul Feig's game and in turn he gave her the roles that broke her out of the TV sidekick treadmill and turned her into a big screen star.

"It's not even like we go, 'We've got to do the next movie together,'" Feig says.



Director Paul Feig talks with Kristen Wiig, Kate McKinnon, Melissa McCarthy and Leslie Jones on the set of *Ghostbusters*, which opens this weekend. CONTRIBUTED

"It's just that suddenly the next movie will pop up and I'm like, 'You know who would be great for this?' So it's funny that people think we have an agenda to keep doing this."

Agenda or not, their creative chemistry is undeniable.

Feig describes McCarthy's audition for the first film they made together, *Bridesmaids*, as a "religious moment." She was less sure.

MOVIE RATINGS by Richard Crouse

Ghostbusters ★★★
Captain Fantastic ★★★
Equals ★
The Dark Stranger ★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

"The whole ride home from the audition," she says, "I was thinking, 'I got too weird.

Should I turn the car around and do that cheesy actor thing of I can do it better! Give me

another shot!"

The director cast her in the scene-stealing role of Megan — imagine a feral, female Guy Fieri — and it was her flashpoint.

Her wonderfully weird performance, complete with sexual hijinks and an explosive bout of diarrhea — "It's coming out of me like lava!" — stole the show out from under other, better-known stars like Kristen Wiig — and earned her an Oscar

nomination.

Next up for the dynamic duo was *The Heat*, an odd couple, buddy cop movie set in Boston co-starring Sandra Bullock.

McCarthy plays a tough-talking street cop who forms an unlikely alliance with the uptight Sandra Bullock to bring down a murderous drug dealer.

The role riffed on McCarthy's signature character, the aggressive but damaged comedic persona.

"I've played a lot of characters who are very vocal, very aggressive," she told me in 2014.

"For the women I've played there is a reason why they are so ballsy and it is nice when you see the crack in the veneer and you realize, 'It's part of their insecurity. They stay loud so nobody yells at them.'"

In *Spy*, McCarthy reined it in and left behind the aggressive but damaged comedic persona she'd cultivated in films like *Identity Thief*, *The Heat* and *Tammy*.

Feig knows when to let McCarthy off the leash — there are some wild slapstick scenes here — but he also knows when to pull her back and let the script do the work.

This week McCarthy headlines Feig's all-female *Ghostbusters* reboot alongside *Bridesmaids* co-star Kristen Wiig.

Will that be their final collaboration? Don't count on it.

Feig is reportedly writing a *Spy* sequel as we speak.

"She's so good," he says, "and we just really have the same sense of humour."

"So it's just such an easy fit."

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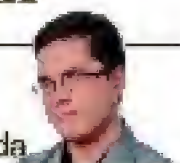
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Scientists can relate to Ghostbusters

GENDER ISSUES

'It means a lot to see yourself represented on-screen'

Kris Abel
For Metro Canada



Ghostbusters is the first adventure led by women from the field of science and technology. I asked astrophysicist Rachel Ward-Maxwell from the Ontario Science Centre and creative technologist Alex Leitch, co-founder of Site 3 coLaboratory, to attend a screening. They loved it.

Leitch: I loved the original Ghostbusters. It was great. As an adult? It's not the movie that it was when I was a kid.

This movie is the movie I really wanted it to be. It means a lot to see yourself represented onscreen. The way that everybody related to each other really reminds me strongly of my circle of friends from the MakerSpace scene.

Ward-Maxwell: Having films where you see women in science, in particular in this film a team of women scientists, and it's emphasized quite

often in the film that they are scientists and they believe in the scientific method. It's like watching a super hero movie, like The Avengers, but it is a woman, who is a scientist, who is rescuing another woman, who is also a scientist. It's just so...mind-boggling, I hope it becomes the norm.

Leitch: I tried to buy the glasses that Kate McKinnon

wears throughout the movie last summer, because I weld things and they are delightful. I really associate strongly with the characters who run towards danger and run towards trouble and machines. In my previous career I have definitely built crazy-light beam weapons that are incredibly dangerous (laughs).

Ward-Maxwell: I could really relate to Kristen's character. At the beginning, she's working towards her tenure at Columbia University, she's a theoretical physicist, she's practicing her lecture in an empty classroom, trying to present herself in a way that is authoritative to her students. I do have some experience working with super computers, which are cool, and also some pretty powerful telescopes.

Leitch: I really believe that

this movie, at the very least, will give us a brand new crop of amazing Makers who are women and friendly to women, both of which really matter a lot. I am optimistic it will get us an amazing generation of engineers.

Ward-Maxwell: I definitely think we're going to see lots of young girls dressing up like Ghostbusters, which is about time. I think it's going to be awesome, I think it can be very aspirational, not just for young girls, everybody, to see not just a great cast of women, but a great cast, not just a great group of female characters, but a great group of characters be on a wonderful adventure. They talk about how they're physicists. For me, as a physicist, that's something very rare. I think that might allow young girls to take an interest.

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Rachel Ward-Maxwell, left, astrophysicist at Ontario Science Centre and Alex Leitch, creative technologist Site 3 coLaboratory. KRIS ABEL



Ward-Maxwell and Leitch have hopes the female-fronted Ghostbusters will inspire young girls to be interested in the sciences. CONTRIBUTED

DELIVERING MORE THAN JUST THE MAIL

Network of postal workers is made up of over 55,000 hard-working members

When we hear the words postal worker, many of us think mail delivery. But postal workers at Canada Post deliver so much more than just letters.

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moving product and keeping machines and equipment running 24 hours a day. Technical services team and electricians are instrumental in plant operations. From the plants, Mail Service Couriers transport product to the depots in large trucks to various locations nationwide.

Clerks, assistants, letter carriers and rural and suburban mail carriers sort and prepare the mail for delivery to your door in

the depots. Your postal workers still deliver mail to the door to two thirds of households in Canada. Your rural and suburban mail carriers deliver mail and parcels to your rural and suburban communities. In addition, postal workers clear red street letter boxes and privately owned post offices such as the ones in drug stores daily, to assure your mail arrives at a processing plant safely.

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and picking up product, they rely on their own skilled mechanics to keep the fleet of over 12,000 vehicles safe and efficient.

Finally, your postal worker is a friend, a family member, a Canadian and an activist. Members are part of committees and group organizations that support human rights, equality and justice for everyone. So the next time you see a postal worker, remember, they deliver more than just mail.

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Calgary, minus the Stampede

ALTERNATIVES
Cowboy town increasingly known for its tunes, brews
Karen Kwan
 For Metro Canada

Take away the Stampede and what've you got in Calgary?
 Turns out this city is Canada's sunniest and it's certainly not just about cowboys and the renowned rodeo.
 This former heart of the New West, in fact, has much in common with the city of Austin, Texas, while remaining under the radar as a travel destination.

Calgary's music scene
 Music lovers, there's some serious toe tappin' in store for you here. With 2016 being Calgary's Year of Music, you can start by exploring the new home of the National Music Centre, Studio Bell.

Themed to feel more like a festival than a museum, this \$191 million project features various stages. Everything from the science of music to a celebration of Canadian moments in song complete with iconic items (such as the shades from Corey Hart's Sunglasses at Night) and interactive installations take the spotlight.

For your fill of live music acts, you'll find venues peppered throughout Calgary's urban sprawl, such as Local



Local 510 is one of many places to catch live music in Calgary. HANDOUT

510, but now there's also the newly established Music Mile, which stretches through the East Village and Inglewood.

Here you can catch close to two dozen live music events (of a variety of genres) from Thursday to Sunday, including music fests, such as X-Fest, at Fort Calgary, and laid-back jam sessions at mainstays like Ironwood Stage & Grill and The Blues Can.

A boon for brewery buffs
 On 17th Avenue at National,

there are more than 70 beers on draught, including ones from local entrepreneurs.

Tool Shed Brewing, for example, is the brainchild of two former IT and satellite communication guys whose business started with your basic home-brewing system in one of their backyards.

Also on tap is Last Best Brewing & Distilling, the fourth iteration of the Bearhill Brewing Family of Breweries, which was launched back in 2002 by a then

22-year-old Socrates Korogonas with the \$2.5 million he made through winning the grand prize in the BC Cancer Foundation's Life-styles Lottery.

National also serve brews from the small new kid on the block: The Dandy Brewing Company.

Dandy was started by Matt Gaetz, who has a background in the liquor industry, with three 20-something-year-old friends

NEW MOTTO
 In 2015, Calgary changed its tagline from 'Heart of the New West' to 'Be Part of the Energy' to reflect its shifting identity.

(Ben Leon, a teacher, Dylan Nosal, a chef, and Derek Waghray, who'd just completed a chemistry degree). They got into the beer game when Alberta changed their liquor laws at the end of 2013, which eliminated the minimum production capacity of 500,000 litres. Their plans to go beyond nano-brewery size are on track:

this March, the last of the four guys went full-time with the company.

They recently added an eight-tap tasting room where you can sample their small-batch brews and this year Dandy will likely triple their production compared to 2015 with upwards of 50 different styles.

Karen Kwan was a guest of the Calgary Tourism Board, who did not pay for or review this story.

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HÚH! A THUNDERCLAP FOR MYSTICAL ICELAND

Now that Iceland's spellbinding Viking football cheer has been adopted the world over and its Canada-born first lady Eliza Reid is capturing praise for her intelligence and style, there's no better time to visit. Here are some of the country's most astounding experiences.

WORDS AND PHOTOS MELITA KUBURAS/METRO



Feel the White Noise

If Reykjavik is where you plan to stay, a day trip to West Iceland and the Snaefellsnes Peninsula will inspire a post-modern feeling right out of Don DeLillo's *White Noise*: "It's like I'm in a car commercial," you'll find yourself thinking, as the icecap-covered volcano looms above. Renting a car to visit iconic sights closer to the city such as Geysir (seen right) is much more fun than taking bus tours, which can also be costly. Plus, having a car gives adventurers the freedom to go chasing after lesser-known waterfalls — they are everywhere — and take hikes to see the ones that are more difficult to get to.



Hot, hot geo-location

Iceland's tectonic plates and active volcanoes will intrigue even those with little interest in geomorphology. That's because the island's geothermal activity translates into beauty you can see, feel and taste.

Rye bread can be baked overnight by burying it in the ground where geo-heated water cooks it, as seen here at the Laugarvatn Fontana spa.

While the Blue Lagoon is quite touristy, it's worth as a stop on the way to or from Keflavik International Airport to soak stiff muscles and a tired brain. For a cheaper spa day, visit any public swimming pool as most are geothermally heated, and will only cost about \$10 for a visit.



Whale steak and moldy cheese

Maybe it's the sea salt, the ocean air, or the careful way that the rich ingredients are assembled, but food is really delicious in Iceland. For a taste of local specialties visit Ostabudin in Reykjavik — if you're not venturesome enough to try their grilled minke whale steak, opt for a charcuterie platter of smoked goose meat, mutton, moldy cheeses and cured horse.

A place called Smakk Barinn offers Icelandic tapas served in a row of four or six little jars. One woman says she ordered all of the seafood items, while her partner got all six of the meat dishes — a smart ordering strategy. Develop your own.



EN

Live life to the f

NOT A TOURIST | A letter from Mark Stachiew in Iceland

Journey to the centre

The view from atop Iceland's mighty Langjökull glacier on a sunny day is spectacular, but we've come to see what inside.

People have been coming to the top of the Long Glacier (a translation of its Icelandic name) on snowmobile tours for a long time, but some entrepreneurs thought it would be great if they could tunnel into the ice so people could see the beauty hidden within this massive glacier in the Highlands of Iceland.

After years of research and red tape, the dream became a reality in 2014 when half a kilometre of tunnels were bored into the ice and they started bringing people inside. The year-round attraction has proven so popular that last year they were closed for just 14 days — and that's only because the weather was bad.

The weather must have been apocalyptic because visitors ride to the mountaintop aboard towering, eight-wheeled trucks that were once used as missile carriers by NATO. These motorized beasts normally navigate the snowy route to the top with ease.

After descending from these impressive vehicles, we spend some time admiring the view of the surrounding mountains,

then drop into the glacier, an experience something like going into a mineshaft. Everyone puts crampons over their shoes to avoid slipping on the slushy floor. The temperature inside is at the freezing point. It's cool, but not uncomfortable.

The glacier walls are marked with horizontal lines. Like the rings of a tree, these lines show the age of the glacier.

Each line represents a year of ice deposit. Some years there is less ice, some years there is more and some are outlined in black, indicating the presence of volcanic ash. The most recent of these was the massive 2010 eruption of the volcano with the unpronounceable name, Eyjafjallajökull.

With coloured lights to guide the way, the tunnels and rooms carved into the glacier are ethereally beautiful. As we explore, our guide explains the history and science behind the ice sheet and uses it as a teaching moment about global warming.

Langjökull glacier has been sitting astride these mountains for 4,000 years, but our guide explains that it is shrinking and could be gone in less than 150 years if current warming trends continue.

"You're on vacation now so you don't have to think about that. Think about it when you get home," he said.

After walking into the beating heart of a glacier, it's hard not to.

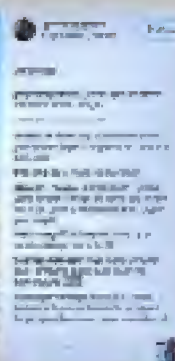
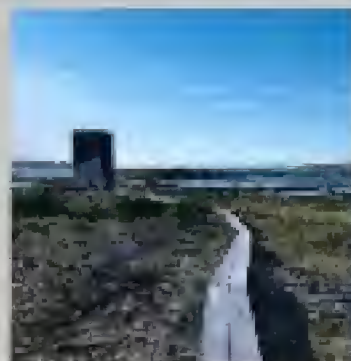


The Langjökull glacier's walls are marked with lines showing ice deposits that are not unlike the rings of a tree. MARK STACHIEW/FOR METRO

TRAVEL NOTES BIG-UPS TO FOGO & BOSTON'S ICONIC SIGNAGE

Gwyneth Paltrow describes Fogo Island as 'heaven' on Instagram

Gwyneth Paltrow is sharing details about a visit to Newfoundland and Labrador with her social media followers. The actor, who runs the lifestyles website Goop, has posted a photo from Fogo Island, N.L., on her Instagram account. She captioned the photo with the hashtag "heaven." The photo depicts a narrow wooden boardwalk leading to a Fogo Island Arts studio on Shoal Bay. THE ASSOCIATED PRESS



Some fear Citgo sign may soon go dark

The Citgo sign that lights up the Boston skyline is seen by baseball fans every time a home run sails over Fenway Park. Now there's fear it may soon be gone. The building on which the sign sits is part of a parcel of Boston U buildings for sale. "For us, the sign makes us think of the Red Sox, but for people outside the city, it means Boston," said Greg Galer of the Boston Preservation Alliance, which is circulating a petition to have the sign declared a landmark, which would offer some protections from change. THE ASSOCIATED PRESS

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David Duval, Steven Bowditch, and Kristoffer Broberg walked off with 9s on the dreaded par-4 "Railway" 11th hole at the British Open

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Dinos' Simonise signs with Bengals

FOOTBALL

Lanky receiver from Vancouver to start pro career in Ohio

Rashaun Simonise is getting his NFL shot.

The Calgary Dinos receiver signed as a free agent with the Cincinnati Bengals on Thursday shortly after being bypassed in the NFL supplemental draft. But he wasn't alone as none of the five other eligible players were selected, meaning they were all available to sign with teams as rookie free agents.

"Thanks Coach Lewis and the staff at the Bengals for making Rashaun Simonise a part of the family! #letsroar #blessed," Brian Bundage, Simonise's U.S.-based agent, said on his Twitter account.

Simonise said he wasn't surprised at being passed over in



Rashaun Simonise runs in a return touchdown during the CIS Mitchell Bowl in November 2013. JEFF MCINTOSH/THE CANADIAN PRESS

the supplemental draft.

"I felt there was still a chance for a camp invite," he said. "As long as I got an opportunity to get there (NFL), then it's all good."

The six-foot-five, 200-pound Simonise earned All-Canadian honours last season with 51 catches for 1,079 yards and

11 touchdowns in eight games with Calgary. But Canada West's top rookie in 2013 was ruled academically ineligible for the upcoming season, prompting Simonise to pursue an NFL career.

He held his pro day in Calgary on Monday with six NFL teams — the New York Jets,

Arizona Cardinals, Washington Redskins, Los Angeles Rams, Green Bay Packers and Indianapolis Colts — as well as the CFL's Calgary Stampeders looking on.

Although the Bengals weren't in attendance Monday, it was widely reported prior to Simonise's pro day that Cincinnati had strong interest in the Canadian receiver. And Simonise is looking to make the most of his opportunity.

"There's a lot I can learn," said Simonise. "I'm never content, I'm always trying to get better."

"I feel like my work ethic and hunger to learn definitely set me apart from athletes in Canada as well as the U.S."

Simonise becomes the second Dino to head to the NFL this off-season. Defensive back Elie Bouka is currently with Arizona after signing with the Cardinals as a free agent following the league's draft in April. THE CANADIAN PRESS



Chris Froome takes to jogging after a collision Thursday at the Tour de France. STEPHANIE MANTEY/AFP/GETTY IMAGES

TOUR DE FRANCE

Chaos afoot as race reaches 12th stage

On Bastille Day, fans created havoc at the Tour de France like never before.

Stonning the road on France's national day, the crowd prompted a crash involving race leader Chris Froome and it wasn't until hours after the wacky 12th stage concluded that organizers decided the British rider could keep the yellow jersey.

"Mont Ventoux always throws up something different and today was no exception," Froome said. "You always have to expect

the unexpected at the Tour."

Richie Porte crashed headfirst into a motorbike carrying a TV camera, and Froome, who was right behind his former teammate, also hit the pavement in the final kilometre on the wind-shortened climb.

"The crowd was just all on the road, and a motorbike stopped right in front of us and we had nowhere to go," Porte said. "The next minute, I went straight over the top of the motorbike. It was just a mess." THE ASSOCIATED PRESS



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Maddon's call to arms ... in outfield

MLB

Cubs manager causes a stir by having relievers do double duty

Mark Melancon thought back to 2010 or 11, when he was with the Houston Astros.

"Brad Mills came up to me before a game and said, 'Hey, there's a situation tonight where we might put you in left field for a hitter, so go take some fly balls,'" the reliever recalled his manager telling him. "I said, 'You're joking, right?'"

Melancon never made it out there, not with the Astros then or with the Pirates now. But Chicago Cubs manager Joe Maddon gained attention June 28 when left-hander Travis Wood and right-hander Spencer Patton alternated between left field and the mound in the 14th inning against Cincinnati, and Wood got the final three outs of a 7-2, 15-inning win with right-hander Pedro Strop in left field.

The moves were made out of necessity, not Mad-ness. Might he employ the Maddon Medley with premeditation?

"You should show more creativity," he said. "Everybody's afraid of injury all the time. God, man, drive a car in Manhattan — you want to be afraid of injury, just walk down the street."

Maddon didn't invent the strategy. As Philippe Cousineau pointed out in the Society for American Baseball Research's Fall 2011 journal, the strategy was employed by the New York Mets' Davey Johnson with lefty



Cubs manager Joe Maddon is known for being creative with his lineups. He recently had relievers alternate between left field and the mound. ROB FOLDY/GETTY IMAGES

Jesse Orosco and righty Roger McDowell against the Reds on July 22, 1986, and by the Cubs' Lou Piniella with lefty Sean Marshall and righty Aaron Heilman against St. Louis on July 12, 2009.

Arizona's Shelby Miller, usually a starting pitcher, pinch ran for Zack Greinke in the 12th inning against Pittsburgh on April 24 and went to left field in the 13th.

Maddon's spin-the-pitchers came about after he ran out of

position players. Righty Joel Peralta relieved Trevor Cahill with two on and one out in the 13th, and Wood took over in left as Chris Coghlan came out of the game in a double switch. Joey Votto lined to leaping second baseman Ben Zobrist, who turned it into a double play, and Maddon exchanged a fist bump with Wood in the dugout.

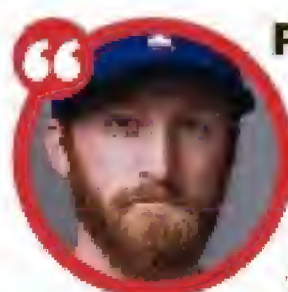
Patton relieved to start the 14th, retired the leadoff batter, then went to left when Mad-

don wanted Wood to face Jay Bruce. Bruce grounded out, they switched places again, and Patton retired Adam Duval on a grounder.

"After that first out, I was confused when I saw Joe coming out with a glove. He was bringing out Travis Wood's glove," Patton said. "I was just hoping that I didn't mess anything up. Pitchers are used to standing in the outfield and watching guys hit and get fly balls and run them down, but not in front of 40,000 when the game is on the line."

After the Cubs burst ahead with five runs in the 15th, Wood worked around a two-out single to finish as Strop manned left — without having any defensive plays.

THE ASSOCIATED PRESS



Pitchers are used to standing in the outfield and watching guys hit and get fly balls and run them down, but not in front of 40,000 when the game is on the line. Spencer Patton

NASCAR

Earnhardt held out of Spring Cup race

Dale Earnhardt Jr. has dropped out of the Sprint Cup race Sunday at New Hampshire Motor Speedway because of symptoms of a concussion.

Earnhardt was evaluated in Charlotte, N.C., this week and doctors did not clear him to race. Hendrick Motorsports said Thursday it had no timetable for his return.

Alex Bowman will drive in his place.

NASCAR's most popular driver, Earnhardt was involved in



Dale Earnhardt Jr. GETTY IMAGES

a 22-car wreck in Daytona this month and also wrecked last month at Michigan International Speedway. THE ASSOCIATED PRESS

EMPLOYMENT

NBA scores well in workplace diversity

A diversity report shows that NBA hiring practices remain the best of any professional sports league when it comes to hiring people of colour, but the league did see a dip in hiring women.

The Institute for Diversity and Ethics in Sport in the report released Thursday gave the NBA an overall grade of A with 90.4 points, which is just a slight decline from the 92.7 points the league received on the Racial and Gender Report Card in 2015. But the NBA's

39.6

Women comprised 39.6 per cent of all professionals in the NBA league offices in this past season — down from 40.9 in 2015.

gender hiring practices went from a B-plus a year ago to a B this past season.

THE ASSOCIATED PRESS

RECIPE Fried Egg-Pizza



PHOTO: MARY VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

If you're looking for ease then eggs are your friend. Pizza is also your ally so this is basically dinner's version of your BFF.

Ready in
Prep time: 5 minutes
Total time: 25 minutes
Serves 2

Ingredients
• 2 pitas
• 1 cup passata (or tomato or pizza sauce)
• Salt and pepper
• 1 1/2 to 2 cups mozzarella, grated
• 1/4 cup crisply fried bacon, crumbled
• Few leaves of basil
• 2 eggs

Directions
1. Preheat the oven to 450 F. Place

the pitas on a baking sheet. Pour tomato sauce on pitas and spread it around. Leave a little edge clear of sauce all the way around.

2. Sprinkle your cheese on each pita and push it slightly out the edges so you make a nest for your egg. Sprinkle basil and the bacon all around the edge of your cheese nest. Gently crack an egg in the middle.

3. Slide the cookie sheet carefully into the oven. Bake for about 15 to 20 minutes, depending on how done you like your eggs.

4. Use a spatula to move your egg pizza to a cutting board where you'll cut each pizza into four. Serve with slices of avocado, sour cream and a bit of salsa. Enjoy!

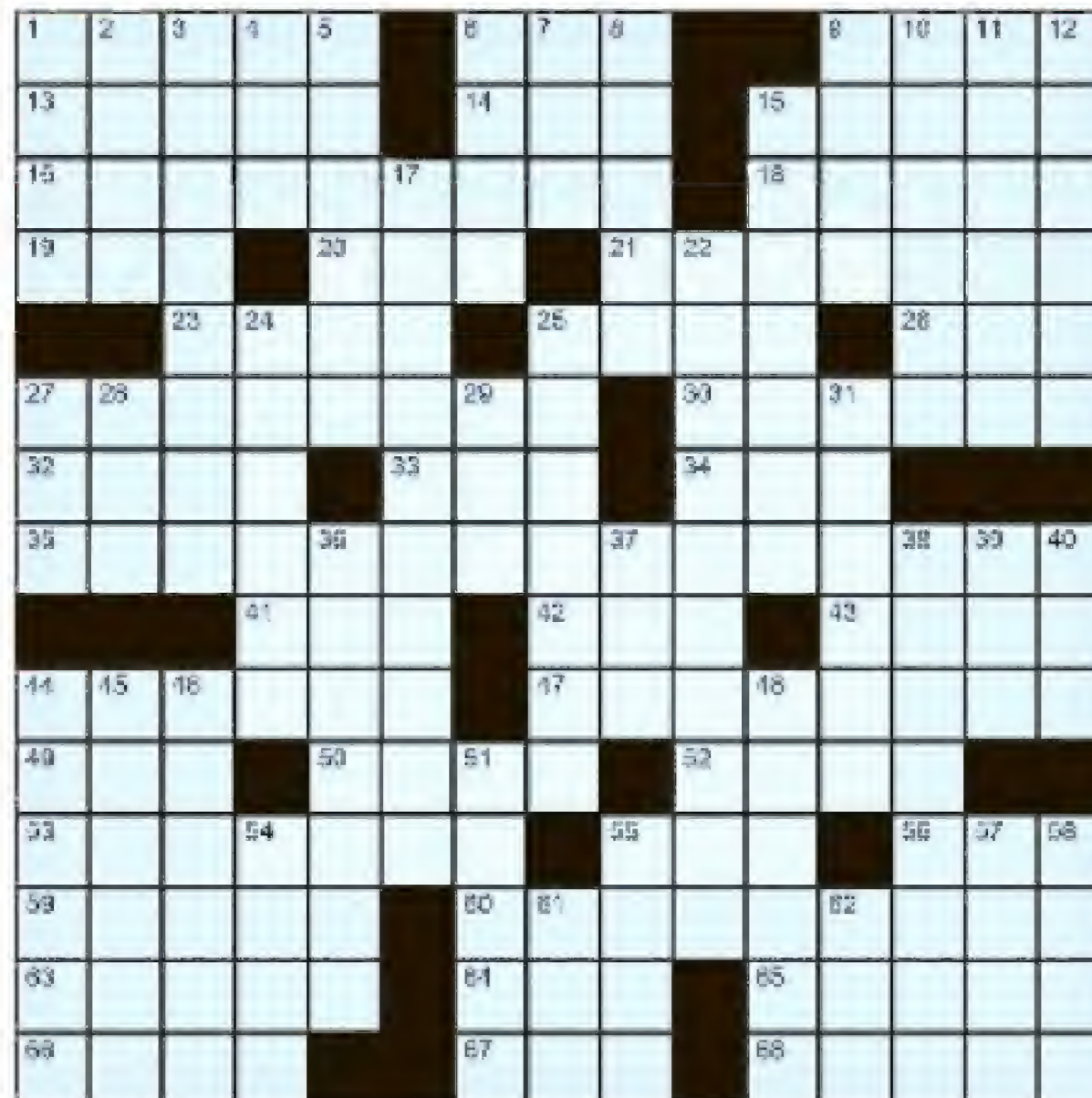
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Golf club head part connected to the shaft
6. Altar constellation
9. Sch. groups
13. Shakespeare: "I understand ___ in your words..." - Desdemona
14. Embrace
15. Comic actress Anne
16. Motor home name
18. Trompe l'___ (Visual illusions)
19. Hamilton thoroughfare, Main ___
20. Bean and Cool J
21. Skyrocketing sensations
23. Seal-made breathing hole in Arctic ice
25. Lend
26. Tee-___ (Chuckle)
27. Temporary pardon
30. Against the gusts
32. Ms. James
33. Life story [abbr.]
34. Sundial number
35. Woven-wire enclosures: 2 wds.
41. UK toilet
42. 'Rocky' installment
43. Haunting holler!
44. "All done!"
47. "___ hey hey, goodbye..." - Streamlet of Steam's 1969 hit song
49. Piglet creator's monogram
50. Ms. Brickell
52. 'Myth' suffix
53. Celeb's concert



- perk: 2 wds.
55. 'Violin' suffix
56. Stevie Wonder's "___ Do"
59. "Bye!"
60. Common ___ (Threatened bird species in Canada)
63. So square
64. Barcelona 'bear'

65. ___ Coyote
66. '70s Spanish hit: "___ Tu"
67. Hill variety
68. Unlocks

DOWN

1. Hens and ___
2. All ___ (Every-thing)

3. ___ Pass (High mountain pass which is the boundary between Jasper and Banff National Parks)
4. 'East' suffix
5. Nova Scotia's provincial fossil is the Hylonomus ___, an extinct insect-eating reptile

- that lived over 300 million years ago
6. Epiphanies!
7. Floor covering
8. "Going to ___" by Smokey Robinson & The Miracles
9. Nobleman
10. Martial Art variety: 2 wds.

11. Actress Ms. Sorkin
12. Talked back
15. Smores-style sweet snack
17. Winnipeg-born actor Len Cariou plays Tom Selleck's father on what CBS police drama?: 2 wds.
22. Real-looking painting technique: 2 wds.
24. Prolong-ly-pursued prizes, perhaps
25. Lion-like
27. Tape, tiny-ly
28. 'Twenti' tall
29. X - III = ?
31. Ms. Ryder of new Netflix show "Stranger Things"
36. Difficult: 2 wds.
37. Auto maker
38. Southern Alberta town just east of Lethbridge
39. Practically forever
40. "___ guy walks into..."
44. Slow-and-stately court dance
45. Oakland NFL player
46. "The ___ Strikes Back" (1980)
48. Play part, for instance: 2 wds.
51. "This ___ a joke!" (I'm being serious)
54. Seal herds
55. Mr. Stravinsky
57. British actor Olive
58. Pres. Eisenhower's
61. 'Equal'-meaning prefix
62. With it

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your home routine will be interrupted today because small appliances might break down, or minor breakages could occur. Be patient with family members to avoid arguments.

Taurus April 21 - May 21
This is an accident-prone day for your sign. No question. Slow down and pay attention to everything you say and do. Be careful! Think before you speak or do anything.

Gemini May 22 - June 21
Something having to do with money, cash flow and your possessions will catch you off-guard today. Check your bank accounts. Count your change, and check your bills.

Cancer June 22 - July 23
Today is subject to sudden interruptions. The behavior of others might upset you. Almost certainly, your daily routine will change, which means you have to stay light on your feet.

Leo July 24 - Aug. 23
Today you feel restless. It's almost as if you need more air! Give yourself a chance to do something different and gently explore something new.

Virgo Aug. 24 - Sept. 23
Your relations with a friend or a member of a group might upset you today. People are changing horses midstream; plans are going up in smoke. Hang in there!

Libra Sept. 24 - Oct. 23
A boss, parent or authority figure might do or say something that shocks you today. Don't quit your day job. Do not over-react. Give yourself time to have a sober second thought.

Scorpio Oct. 24 - Nov. 22
Travel plans will be cancelled, delayed or rescheduled today. Likewise, schedules with colleges, universities, publishing and the media will change.

Sagittarius Nov. 23 - Dec. 21
Stay on top of your financial arrangements, especially anything to do with banking, inheritances and shared property. Something unexpected will arrive out of the blue.

Capricorn Dec. 22 - Jan. 20
It's not easy to relate to others today, because they might just explode for some reason. Today is full of all kinds of disruptions and sudden arguments.

Aquarius Jan. 21 - Feb. 19
Allow extra time today, because your work routine will be interrupted for sure. Computer crashes, power outages, staff shortages and canceled meetings are just some examples.

Pisces Feb. 20 - March 20
Parents should be vigilant today, because this is an accident-prone day for their kids. Meanwhile, it's also a rocky day for romance. Just smile and be sweet and understanding.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

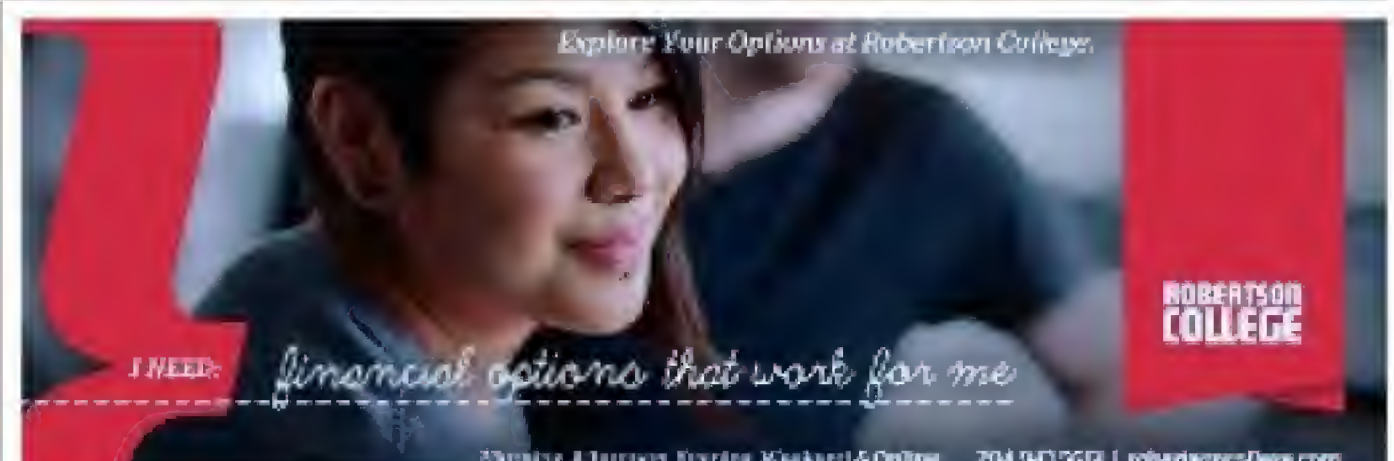
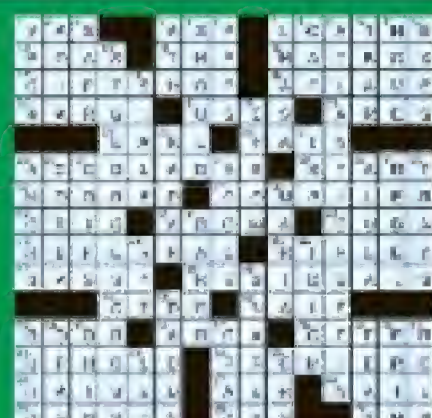


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